



SEATTLE PARKS
AND RECREATION

Montlake Community Center 2007 Winter Programs



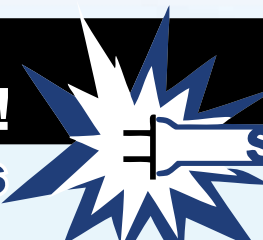
Grand Opening

January 5, 2007 6:30 - 8:30 p.m.

see page 20



REGISTER ONLINE - it's easy!
www.seattle.gov/parks



SPARC

General Information

Montlake Community Center

1618 E Calhoun St.
Seattle WA 98112
Phone: 206-684-4736
Visit us online at www.seattle.gov/parks

Hours of Operation

Mon., Wed., Fri.	11 a.m. - 9 p.m.
Tue., Thurs.	1 p.m. - 9 p.m.
Saturday	10 a.m. - 5 p.m.
Sunday	Closed

Program Registration

Begins Monday, December 4, 2006

Program Dates

January 8 - March 31, 2007

Holiday Closures

Mon., Jan. 1	New Year's Day
Mon., Jan. 15	Martin Luther King, Jr. Day
Mon., Feb. 19	Presidents' Day

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Operations Director
Maureen A. O'Neill, North Recreation Manager
Dave Gilbertson, Senior Program Coordinator

Professional Staff

Charles Humphrie, Recreation Center Coordinator
Pamela VanDeWeghe, Asst. Rec. Center Coordinator
Klaus Goodrum, Athletic Director
Jim Bautista, Maintenance Laborer

E-Brochures Are Available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Refund Information

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.

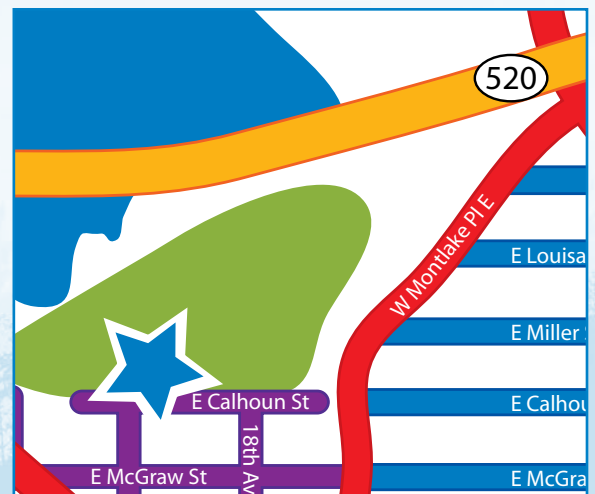
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Please read the entire policy, #7.16, for specific information.

Location *see page 19 for a detailed map*

Montlake Community Center

1618 E Calhoun St.
Seattle WA 98112



Welcome To Montlake

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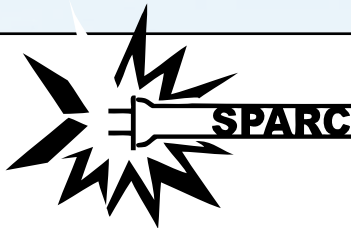
Montlake Community Center Has Been Renovated!

Seven-thousand square feet have been added, including two multipurpose rooms, a commercial kitchen, an activity room, a family lounge area and new office space. We've also made improvements to the historic Tudor building and the gymnasium. Come see for yourself!

Spring Sports Registration:

February 13, 2007

See Spring Sports.



To register for classes online, visit Montlake Community Center with a picture ID to obtain a barcode and Personal Identification Number (PIN).

Montlake Wants Your Input

This is your community center! We have created new activities at Montlake and we would love know what other activities you want at Montlake. Please call us at (206) 684-4736 or write to us at montla.cc@seattle.gov. Thank You!

Rent the Montlake Community Center

These rooms at Montlake are great for meetings, parties, and athletic events. Please call us for rental rates and policies.

- Multipurpose Rooms
- Tudor Building
- Commercial Kitchen
- Gymnasium

The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

1618 E Calhoun St. / Seattle, WA 98112

Special Events

Community Night at Montlake Community Center

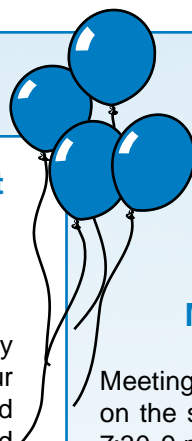
**Saturday, March 24, 2007
6-8 p.m.**

This quarter marks the beginning of a brand new tradition at Montlake. Community night is a time for participants in our visual and performing arts classes to come together and celebrate their hard work. The dancers, gymnasts, actors, and others will perform for the community on a stage area, while artwork made during the quarter will be out for display. Bring the whole family and let's get together!

Montlake Grand Opening Event

**January 5, 2007
6:30-8:30 p.m.**

Come join us in celebrating the newly renovated community center. Tour the new facility, meet our new and returning instructors, and enjoy food and entertainment for the whole family.



Montlake Community Club

Meetings of the Montlake Community Club are on the second Wednesday of each month from 7:30-9 p.m. in the Tudor building. Please attend and contribute to your community.

Drop-in Programs

Drop in Basketball

Yes! You've found it: open gym time. Come one, come all, and let's hoop!

Tuesdays and Thursdays

1-3 p.m.

\$2

Tot Time

Bouncy balls, soft mats, fire engines! What more could your tot ask for? Bring your tots down to play in the gym together with our tot toys.

Mon., Wed., Fri.

\$2 per tot

noon-2 p.m.

Teen Programs

Please see our Spring Brochure for upcoming teen programs.

Childcare

McGilvra Before School Care (M.B.S.C.)

Montlake's before school care is at McGilvra Elementary School. In these early hours, kids will do art projects and other quiet activities. It's an enjoyable way to start the day with the Montlake crew.

Monday - Friday 7-9 a.m.

McGilvra After School Care (M.A.S.C.)

Montlake's after school care is at McGilvra Elementary School. Montlake's dynamic staff offer a variety of fun activities: daily art projects, time in the McGilvra computer lab, and cooking projects on Fridays. Free time is a hit on McGilvra's newly renovated playground, and we'll have group games in the gymnasium and on the turf soccer field. Kids will get tutoring during homework club.

Monday - Friday 3-6 p.m.

Parks and Recreation offers "school-age care programs" for children between 5 - 12 years of age AND enrolled in school, Kindergarten through 5th grade. Under DSHS rules, we are prohibited from registering, for these programs, any child who is younger than 5 years of age or any child who is not enrolled in school.

Price Chart

Frequency	Before School	After School
5 days/week	\$160	\$245
5 days/week (2nd Child)	\$150	\$235
4 days/week	\$145	\$230
3 days/week	\$120	\$190
2 days/week	\$95	\$135
1 day/week	\$50	\$85

Midwinter Break Camp

While school's out, come hang with Montlake at the new center! We'll be hangin' all day, doing art projects, playing games and going on adventures throughout the city. Please inquire about camp at center after January 5.

Age: 6-12

Location: Montlake Community Center

2/20/07-2/23/07

7 a.m.-6 p.m.

Sports

Winter Sports

Basketball League Celebration!

Join the celebration for all the hard work and fun throughout the 2007 Montlake Basketball Season. Montlake Community Center welcomes all players, parents, and coaches of the instructional and cub leagues to join in on this end of the season extravaganza. Coaches will announce to teams the date and time of this March celebration.

Spring sports

Look in our spring brochure for information about spring sports. Registration for spring sports begins February 13, 2007.

Spring sports:

- Superhero Nerf Soccer (age 4-6)
- Girls Softball (age: 8-9 cubs, 10-17 citywide)
- Track and Field (age: 6-17)
- Ultimate Frisbee (age: 8-13)

1618 E Calhoun St. / Seattle, WA 98112

Performing Arts

Introducing the Montlake Performing Arts Program! Check out these hot new classes, taught by energetic, enthusiastic instructors. But that's not all! At the end of the quarter, students will taste stardom firsthand. They'll have the opportunity to perform their routines at the Winter Quarter Community Night.

NEW

Creative Movement

\$70

Creative movement emphasizes fun and discovery through movement! Developmentally appropriate activities introduce students to the fundamental concepts of dance, such as space, body awareness, rhythm, energy, and basic motor and locomotor skills. The use of music, props, and stories encourages and supports each student's creative exploration and expression.

Instructor: Shannon Barnes

Boys and Girls

Age: 3-5

Location: Multipurpose Room A

#14289

1/24/07-3/21/07

Wednesdays

3:50 - 4:35 p.m.

NEW

Ballet/Jazz

\$70

This course is designed to engage the student in creative communication and self expression through movement techniques, while promoting social-emotional and cognitive development. The purpose of the class is to introduce basic movement skills while encouraging and developing discipline and the ability to follow directions. Most important, this class offers a space for the students to have fun with each other and offers an alternative medium for self-development and self-expression. Both boys and girls welcome.

Instructor: Aynsley Briggs

Boys and Girls

Age: 6-7

4 - 5 p.m.

Age: 8-9

5 - 6 p.m.

Location: Multipurpose Room A

Thursdays

1/18/07-3/22/07

NEW

Tumbling

\$60

Let's face it. Kids always find a way to tumble. Why not let them tumble creatively and safely with an expert gymnast? Somersaults forward and backward, twirls, twists, lunges and leaps! They will tumble their little hearts out to their favorite music. Of course, safety comes first. This program will focus on muscle development, hand-eye coordination, basic motor skills, flexibility, and balance through floor routines and by incorporating various fun games and activities.

Instructor: Samantha Benton

Boys and Girls

Age: 3-5

Location: Multipurpose Room A

#14297

1/16/07-3/20/07

Tuesdays

2 - 2:45 p.m.



Performing Arts

Double Dutch

NEW

\$60

with OntheDouble (dutch)

Learn "double dutch" from Seattle's own OntheDouble (dutch) team. The team will teach you how to double-dutch jump rope with style. Whether you're a seasoned pro or an inspired beginner, you're sure to have a blast with OntheDouble! The team has been performing together for more than 3 years and has lots of tricks up their sleeves. You'll get extra spring in your jump from the rubber supported multipurpose-room floor. Wear comfortable clothes and sneakers. **Parents are encouraged and welcome to participate!**
Instructors: OntheDouble



Boys and Girls

Ages 6-18

#14290

Location: Multipurpose Room A

1/20/07-3/24/07

Saturdays

11 a.m.-noon

Rhythmic Gymnastics

NEW

\$120

Rhythmic gymnastics combines gymnastics, dance, and apparatus such as ribbons, hoops, and balls, all developed into a choreographed piece put to music. The result is both graceful and impressive. The class will focus on core motor skills, basic to intermediate tumbling, and incorporating various apparatus to produce a very unique style of gymnastics. This class is open to all boys and girls ages 14-18.

Instructor: Samantha Benton

Boys and Girls

Age: 14-18

Location: Multipurpose Room A

#14296

1/16/07-3/20/07

Tuesdays

4:30 - 6 p.m.

Acting/Mime

NEW

\$98

Learn classical mime technique, clown characterization, comic timing, mask work, physical improvisation, and circus skills from a professional mime. These skills are great preparation for acting and multi-cultural story-telling. As well as learning the art of improvisation, students will also build a performance routine for the Winter Quarter Community Night. **No class on 2/19/07.**

Instructor: Pamela Pulver

Boys and Girls

Age: 8-14

Location: Multipurpose Room A

1/22/07-3/19/07

Mondays

4:30-6 p.m.

Modern Dance

NEW

\$120

With a dual focus of building dance skills/technique and working towards an end-of-term sharing, this class is an opportunity for participants to experience the process of choreography and performance in a supportive, encouraging environment. Based in modern dance and improvisation, participants will spend the first few sessions building dance skills through structured dance classes. Each class will progress through a thorough warm-up into longer combinations of movement, emphasizing healthy alignment and technique. The last few sessions will focus on creating a dance piece that will be shared with family and friends on the last day of class. The dance piece will be a collaborative effort, created by both teacher and participants. This class is a fun, physical experience, appropriate for both beginning and intermediate dancers. Students in this class may have the opportunity to participate in an ongoing dance company that would perform at local events.

Instructor: Shannon Barnes

Boys and Girls

Age: 12-15

Location: Multipurpose Room A

#14299

1/24/07-3/21/07

Wednesdays

4:40-6 p.m.

Salsa Dance

Salsa Dance for adults. Please see page 10.

1618 E Calhoun St. / Seattle, WA 98112

Visual Arts

Art continues at Montlake! Check out these new and returning programs for both kids and adults. All artists will have the opportunity to show off their work in the end of the quarter Community Night.

Watercolor

Watercolor is a Lifelong Recreation Program. Please see page 15 for details.

Art, Art, Art!!!

\$90/session

In this art class, students will have the chance to learn new processes, make hands-on projects, be creative, and have fun. In the first five-week session, classes will focus on designing, building, and decorating two different sculptures, one in paper mache and the other in bamboo and tissue paper. In the second five-week session students will explore beautiful fiber arts using yarn. Techniques will include finger-knitting, knitting, crocheting, and weaving. The instructor, Coral Nafziger, is a friend of the Montlake Community Center and has worked in our summer camp program for the past two years. During the school year she teaches art at O'Dea High School.

Instructor: Coral Nafziger

Boys and Girls

Age: 8-12	#14294	1/12/07-2/17/07
Age: 6-10	#14288	2/24/07-3/24/07
Location: Tudor Building		
Saturdays		noon-1:30 p.m.

Play with Clay

\$70/session

Come learn about ceramics and have fun playing with clay! In this class students will go through the process of creating clay sculptures which will be kiln fired before they can be painted with glazes, fired again, and finally brought home. Each class will focus on a different theme, so be prepared to exercise your imagination.

Instructor: Coral Nafziger

Boys and Girls

Age: 11-14

Location: Pottery Studio

#14294

1/20/07-2/17/07

#14295

2/24/07-3/24/07

Saturdays

1:45-3 p.m.

Intermediate Ceramics

\$200

Reach new levels in your ceramic evolution in this (mostly) wheel throwing class designed for beginning through intermediate levels. Expand your technical skills while you gain a greater understanding of the aesthetics of form. There will be plenty of attention, weekly demonstrations, and one-on-one guidance. Hand building techniques will also be addressed. We'll focus on lidded jars, taller forms, give teapots a try, and conclude with a potluck! Previous experience is recommended, but not mandatory. Continuing students are welcome for further study.

Instructor: Randolph Sill

Age: 16 and older

Location: Pottery Studio

#13117

1/11/07-3/15/07

Thursdays

6-8:30 p.m.

Open Studio Time

\$5 drop-in fee

Students in Randy's beginning and intermediate ceramics classes can drop in to use the wheels and kilns. This is time for you to continue work on your projects. **Closed 1/15 and 2/19.**

Age: 16 and older

Monday

noon-5:30 p.m.

Tuesday

1-8 p.m.

Wednesday

noon-8 p.m.

Thursday

1-5:30 p.m.

Friday

noon-8 p.m.

Saturday

10 a.m.-1 p.m., 3-5 p.m.

Beginning Ceramics

\$200

This beginning-level class offers a structured introduction to the materials, tools, and techniques of ceramics in a relaxed, supportive environment with weekly demonstrations and one-on-one guidance. Discover basic hand building techniques such as pinching, slab-building, and hollowing. Then begin learning to throw on the wheel with centering, pulling, shaping and trimming. We'll focus on cups, bowls, and vases and conclude with a potluck! No previous experience is necessary. Continuing students are welcome for further study.

No class on 1/15 and 2/19.

Instructor: Randy Sill

Age: 16 and older

Location: Pottery Studio

Mondays (and Tuesday 1/16)

6-8:30 p.m.

#13692

1/8/07-3/19/07

Aerobics / Dance / Yoga

Montlake's beautiful new multipurpose rooms, gymnasium, and classic Tudor building will host both our brand new and returning classes.

Morning Aerobics

In a non-competitive environment, our aerobic routines are developing from 30 years of experience with adults of all ages. We combine stretching, Yoga, and Pilates principles to give you a cardio workout tailored to your fitness needs. Through mixed impact moves, conditioning, and upper body "Theraband" exercises, we focus on core strength training, aerobic fitness, balance, flexibility, and muscle tone. Choose among three morning classes. Please register at the front desk or by phone at 206-684-4736.

Instructor: Erica Christenson

Age: 16 and older

Location: Gymnasium

Three classes per day:

7a.m., 8:20 a.m., 9:30 a.m.

Monday - Friday

1/8/07-4/6/07

Visits/ week	Adult Rate/ Quarter	Senior Rate/ Quarter
1	\$71.50	\$65
2	\$114.40	\$104
3	\$128.70	\$117
4	\$157.30	\$143
5	\$175.75	\$162.50

Newcomers welcome - first visit free!

Yoga

Tuesdays: Viniyoga with Dani.

Thursday: Hatha Yoga with Tasha.

Viniyoga is an adaptable and meditative style that works to coordinate movement with breath in a way that can be used by people of all physical abilities. Hatha yoga is a holistic path that strives to calm the mind and body through physical exercises called asanas, controlled breathing, and emphasis on relaxation and meditation. Dani and Tasha offer postures and instruction adapted to meet the needs of the students in each class. Classes are designed to promote greater well-being through practices that inspire compassion, awareness, self-discovery, balance, vitality, and fun.

Instructors: Dani Turk and Tasha Fekeshazy

Age: 16 and older **\$40/6 visit punch-card**

\$72/12 visit punch-card

1/16/07-4/5/07

Tuesdays and Thursdays **6-7:15 p.m.**

*Please purchase punch cards at Montlake
Community Center's front desk*

Feldenkrais Method Movement

Feldenkrais Method Movement is a Lifelong Recreation Program. Please see page 14 for details.



1618 E Calhoun St. / Seattle, WA 98112

Martial Arts / Dance / Psychology

Karate: Youth and Adult

Jim Knoblet is back! He continues his 30 plus year legacy of teaching Karate at Montlake. This class is composed of both returning students and newcomers. In this class, students learn self-defense through both Katas and group exercise.

Instructor: Jim Knoblet

Age: 8-16 **\$125**

**Location: Tudor Building
#13693**

1/9/07-4/5/07

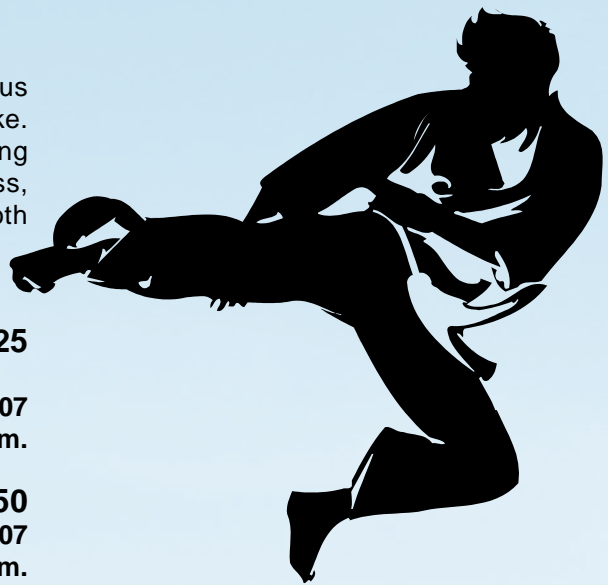
Tuesdays and Thursdays 5:30-6:30 p.m.

Age: 17 and older **\$150**

#13116

1/9/07-4/5/07

Tuesdays and Thursdays 6:30-8:30 p.m.



Salsa Dance \$60/individuals; \$110/pairs

Learn how to dance "club style" salsa in a fun, non-competitive environment. This beginning level class will cover basic footwork, technique, and moves to do with a partner. In six weeks you will develop a foundation of moves to use on the dance floor! Each class will also include a warm-up using Merengue, a simple and fun Latin-style dance that can also be danced at salsa clubs in the city. No experience is necessary. Soft sole shoes and a partner are not required, but we recommend them.

Instructor: Marilyn Young

Age: 18 and older **1/25/07-3/1/07**

**Location: Multipurpose Room A
Thursdays**

7:30-9 p.m.

Imaginational Psychology Workshop

with Aaron Gaul

\$20/workshop

Visualization can be used to enhance pain management, creative problem solving, sports performance, and much more. In this class you will learn to explore and influence your life through the subtle inner skills of effective visualization. Aaron Gaul is an experienced workshop leader who has studied visualization and meditation for 25 years. He has traveled to India five times to study and meditate, and has practiced Shamanism for 10 years through the Foundation for Shamanic Studies. Aaron Gaul is a Councilor and Trainer. In his counseling practice he guides people through their deep symbolic imagery to resolve difficult life challenges.

Instructor: Aaron Gaul

Location: Tudor Building

Workshop offered twice:

#14293 January 20 3-5 p.m.

#14292 February 3 3-5 p.m.

Upcoming Activities

Look out for these exciting new activities coming in future quarters: Cooking/Baking, and Evening Aerobics. Please submit your requests for other activities you want at Montlake by phoning us at (206) 684-4736 or writing us at montla.cc@seattle.gov

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____)
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? _____

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

How would you like to pay?

Person making payment _____
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____
Make checks payable to "City of Seattle"

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only
Authorization (Ref) #: _____

Card #: _____ Expires: _____

For
mail-in
only

Name as it appears on card: _____

Signature: _____

**PLEASE INCLUDE
PAYMENT**

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Instructor Biographies



Shannon Barnes has recently returned to Seattle after completing a post-graduate program in Community Dance at Laban in London. While in England, she also worked as a dance specialist in primary schools in Bath. She is currently working as a freelance dance teacher and a teaching artist for the outreach programs at Pacific Northwest Ballet. Shannon completed her undergraduate degree in 2001 at the University of Washington, earning a B.A. in Dance and Psychology. She performs regularly in the Seattle area.



Samantha Benton is a former competitive rhythmic gymnast, choreographer, and coach for Rocky Mountain Rhythmic Gymnastics in Denver, Colorado. Since her retirement from gymnastics, Samantha danced professionally for three years as a corps member of Southwest Ballet company in Pittsburgh, PA. Following her career in Pittsburgh, she began teaching for JCI Dance Company in Fayetteville, NC. During this time, Samantha taught all skill levels including pre-professional dancers in ballet, tap and modern. She choreographed several works both for recital and competition. Currently, Samantha is a dance coach and choreographer for Metropolitan Gymnastics in Kent, WA. There, Samantha provides dance instruction for elite gymnasts who require dance for competition. While at Metropolitan Gymnastics, Samantha has personally put together two performances, showcasing her works in a variety of dance types with an acro flair.



Aynsley Briggs is a west coast transplant, having grown up in Bethlehem, Pennsylvania and later moving to New York where she attended Sarah Lawrence College, where she passionately pursued modern dance. She competed in many dance competitions throughout high school and performed at various venues along the east coast including Universal Studios in Orlando, Florida and Carnegie Hall in New York City. Aynsley has a background in ballet, jazz, tap, modern, and hip-hop. This is her first year living in Seattle, WA where she choreographed a production of Peter Pan for the Upper Valley Connection. She is currently pursuing a nursing career while she continues to dance and teach.



Chris and Marilyn discovered salsa dance in 1998 and became dedicated practice and social dance partners in 1999. They have been teaching together and individually since 2001, and currently teach salsa at Seattle University. Their teaching histories include beginner and intermediate classes, intensive workshops, and college dances around the greater Seattle area, abroad, and in other states.

Erica Christenson is a Seattle native. She graduated with a master's degree in psychology with a foundation and emphasis philosophy from Seattle University. After serving as the Program Director at Childhaven, Erica experienced a life changing breakthrough in 1999. She began a physical, psychological and emotional re-awakening. With an enthusiastic attitude toward fitness she has since inherited Montlake Morning Aerobics in January 2006 from Linda Cohan. Today, Erica continues to modify Morning Aerobics to accommodate individual needs and encourage every individual to engage in their own wellness.



Anne Cooper, brings an outstanding performance and fitness background to her work with the Feldenkrais Method®. Anne first moved as a ballet dancer at the age of eight, gradually branching out to other forms of movement. After studying and teaching fitness and jazz dance in New York City, Anne returned to her home state of Oregon, where she ran her own fitness and dance studio and headed up The Left Side Dance Company. A Humanities graduate of the UW, Anne continuously explores the "humanity" in movement and in daily living—an approach she brings to the Feldenkrais Method®. Anne became a Guild Certified Feldenkrais Practitioner in May 2006, and now teaches the method in private practice in the Central District and in public forums throughout the Seattle area. cooper@nwlinc.com



Tasha Fekeshazy completed her teacher training at Samadhi Yoga Studio in 2003, where she experienced the transformative and therapeutic gifts of yoga under the tutelage of Kathleen Hunt. Tasha's teaching style focuses on the connection between breath, body, and spirit. In her basics for beginners class, Tasha will emphasize the use of intention, breath, fundamental alignment, and the power of presence while encouraging her students to strengthen, stretch and heal.



Aaron Gaul is an experienced workshop leader, who has studied visualization and meditation for 25 years. He has traveled to India five times to study and meditate and has practiced shamanism for 10 years through the Foundation for Shamanic Studies. Aaron is a counselor and trainer. He teaches people inner visualization skills for healing, creativity, and self-awareness. In his counseling practice he guides people through their deep symbolic imagery to resolve difficult life challenges.

Instructor Biographies

Jim Knoblet has been teaching Shorin Ryu Karate in the historic Montlake Tudor Building for over 30 years. He's been teaching out of the UW Experimental College for just as long. Originally from Michigan, Jim arrived in Seattle after serving as a navy corpsman where he began studying Karate. He has studied under several Sensei, including Bruce Lisle, Yuichi Kuda and Tomo Sada. Every September, Jim invites Tomo Sada to Montlake to lead an intensive training, a convention that attracts student from afar. Along with Karate, Tomo Sada also brings music and dance with him from Okinawa. Jim continues his long teaching legacy at Montlake with his Karate classes on Tuesdays and Thursdays for both youth and adults.



Coral Nafziger, is a friend of the Montlake Community Center and has worked in our summer camp program for the past two years. During the school year she teaches art at O'Dea High School.

OntheDouble (dutch). An athletic response to Seattle's art community, OntheDouble performs theatrical urban exercise with various themes. The team often performs at local schools and hosts community events to encourage activity and fun among children and adults alike. They are known for their ridiculous sense of humor, awesome matching outfits and determination to bring double-dutch to the forefront of urban culture. The driving force for the team is performing and collaborating in order to entertain and teach the community.



Pam Pulver, international mime artist and educator, her teaching style and performances reflect a uniquely diverse and dynamic background. She has a BA in Theatre from Northwestern University, an MA in Psychology from WA State University, and trained as an actress and mime in London. After a brief detour as a psychotherapist, Pam concluded that the Art of Silence is preferable to psycho-babble. She has been miming her own reality ever since. Her global appeal is influenced by the hilarious mimics of Mexico City, the native children of Alaska, and from her work with "Cirque du Soleil." Pulver has written and directed original plays for Seattle Children's theatre and has appeared in numerous roles for stage, film and television.



Randy Sill completed his Master's of Education with a focus on ceramics, art and creativity. He has taught art for 12 years to a variety of populations in diverse settings: to children, young people, adults, and students with illnesses and disabilities. With 32 years of clay experience, he now tours as a guest artist, sells work in a dozen Northwest galleries, publishes work in Ceramics Monthly magazine, teaches a variety of classes, and creates new sculptural artwork everyday. His studies have led him around the world, including workshops in Central America and a long-term residency in Japan. After hurricane Katrina, he volunteered in Mississippi where he provided complementary art instruction and education. In Seattle, Randy founded a non-profit that provided art for underserved youth, founded the Center School's high school ceramics program, revamped ceramics at Northwest School, worked for four summers at Seattle International Children's Festival, and six summers at Seattle Center Academy. In 2007 Randy looks forward to returning to teach at Montlake Community Center and to introducing and reacquainting new students to the wonderful world of clay!



Dani Turk is a certified yoga instructor in the Viniyoga tradition and a registered instructor with the Yoga Alliance. She originally came to yoga in 2001 after a serious car accident and quickly benefited from Viniyoga's highly customized approach. Dani has been teaching group classes and has volunteered as a teacher's assistant for the 200-hour Viniyoga teacher training. She is currently enrolled in a two year yoga therapy program designed to apply yogic principles and techniques to help individuals facing health challenges, and to create an optimum state of physical, emotional, mental and spiritual health. Dani's passion is to promote physical, emotional and spiritual healing, and well-being in a way that inspires each person to live to his or her fullest potential.



Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose classes based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us.

Phone: 206-684-4736
Email: Montlake.CC@Seattle.Gov

1618 E Calhoun St. / Seattle, WA 98112

Lifelong Recreation

To register for or inquire about Lifelong Recreation classes, do not contact Montlake. Please contact Cheryl Brown at (206) 233-7255. Email: cherylbrown@seattle.gov

Central East Classes and Special Events

Central East Registration Information Classes/Special Events/Trips

Cheryl Brown, Recreation Specialist

206-233-7255 • E-mail: cheryl.brown@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Registrations and Payment: Registration for * classes and trips (those with a barcode) begins December 4 online (www.seattle.gov/parks) or at your local community center. Registration for other classes begins December 15 by using the registration form on the back page of this brochure. Payment is due at time of registration. We accept cash, checks, and credit cards (Visa, MasterCard, and American Express). Class dates/times are subject to change.

Central East Sites

Garfield CC 2323 E Cherry St
Langston Hughes PAC 104 17th Ave S
Miller CC 330 19th Ave E
Montlake CC 1618 E Calhoun St
Yesler CC 917 E Yesler Way

AEROBICS, FITNESS, AND DANCE

Feldenkrais Method Movement \$30

Learn to move with less effort; ease chronic problems; enhance your flexibility, balance, and coordination; and reduce stress in this class, which will guide you through gentle movements geared to improve the way you move. **Instructor: Anne Cooper**

#13263 Fri 11 a.m. – Noon Montlake CC

Fit For Life \$30 – 1 day/wk

Improve your health and tone your muscles for increased flexibility and mobility. This low-impact aerobics class is geared to your individual fitness level.

#13267 Mon 10:45 – 11:45 a.m. Garfield CC

#13268 Wed 10:45 – 11:45 a.m. Garfield CC

Gentle Yoga \$30

Stretch your muscles and gain strength, flexibility and balance while you improve relaxation in this gentle yoga class for all fitness levels. **Instructor: Paul Fetorowicz**

#13269 Wed 9:30 – 10:30 a.m. Garfield CC

Tai Chi \$30 – 1 day/wk

Learn slow and gentle meditative exercises that are good for stress, balance, concentration, and general physical well being.

Instructor: Ed Baxa

#13271 Tue 12:30 – 1:45 p.m. Yesler

#13270 Thu 10:15 – 11:30 a.m. Miller CC

Garfield Sound Steps Free

This walking group in the Garfield community meets every Thursday at the community center.

Thursdays 10 – 11 a.m. Garfield CC

First Hill Sound Steps

Free

Join other Sound Steppers for a fun walk exploring the First Hill neighborhood! Meet at Chancery Place, 910 Marion Street.

Wednesdays 10 – 11 a.m. Chancery Place

Walks with Dogs*

Free

Bring a dog, or come without one if you just love dogs. Walk 2 to 3 miles, rain or shine. Bus riders can bring their dogs on Metro buses. Please see page 5 for walk dates and locations.

Mondays 11 a.m. – 1 p.m.

Ballroom Dance

\$20

Learn basic ballroom steps such as the waltz, cha-cha, fox trot, and much more. Practice and become comfortable on the dance floor! No partner is needed. **Instructor: Mu Yun Chen**

#13691 Tue 12:30 – 1:30 p.m. Garfield CC

Line Dance

\$20

Get out on the dance floor and move to the music—dancing is great for the body and soul! No experience or partner is needed.

Instructor: Mu Yun Chen

#13320 Tue 2 – 3 p.m. Garfield CC

FOOD AND FITNESS PROGRAMS

This program offers an opportunity for seniors to congregate and celebrate their cultures and languages while learning to navigate American life. Each day offers lunch, social, educational, and fitness programs and a food bank on Fridays.

Korean Food and Fitness Program*

Free

#13318 Tu/F 10 a.m. – 1 p.m. Miller CC

Vietnamese Food and Fitness Program*

Free

#13332 Tu/F 10 a.m. – 1 p.m. Garfield CC

PERFORMING ARTS & DANCE

Radio Readers*

\$15

Do you remember the old radio shows with the sound effects and the readers on stage? Join us as we re-live the days of radio with a library of old scripts, our own sound effects, and all of the fun! The class meets every other Monday beginning January 8.

#13690 Mon 10:30 a.m. – Noon Langston Hughes PAC

Story in My Pocket*

\$32

Share your memories...learn how to take the stories of your life — from the mundane to the sublime — and share them aloud and on paper. We will begin with storytelling techniques that will help you remember and record. Develop your stories here to create a personal story book and add to the spring production of "But Wait...There's More." **Instructor: Nancy Calos-Nakano**

#13325 Tue 11 a.m. – Noon Langston Hughes PAC

Theatre Games*

\$32

Play! Using improvisation, pantomime, and other theatrical methods, we will exercise mind and body in this fun and relaxing class which will explore the acting aspects of theater. It's for non-actors and actors alike! **Instructor: Bill Dore.**

#13327 Wed 11 a.m. – Noon Garfield CC

Central East Classes and Special Events

COMPUTERS AND TECHNOLOGY

Computer Basics In Vietnamese* \$30
Learn computer basics in Vietnamese. Any senior who completes 16 hours of computer training in our program will receive a voucher for a free computer and monitor! Call Nhu-Y at 233-7255 to register.
#13252 W/Th (1/3 – 3/15) 10:30 a.m. – Noon Yesler CC

Computer Basics, Learn It and Earn It!* \$15/session
Get up and running on computers with these hands-on classes. Any senior who completes 16 hours of computer training in our program will receive a voucher for a free computer and monitor! Call Asfaha at 386-1245 to register.

Location: Yesler Community Center Computer Room
#13255 T/Th (1/9 – 2/1) 10:30 a.m. – Noon Yesler CC
#13256 T/Th (2/6 – 3/1) 10:30 a.m. – Noon Yesler CC
#13257 T/Th (3/6 – 3/29) 10:30 a.m. – Noon Yesler CC

E-Bay and Online Shopping* \$5
This class provides an overview of online shopping and selling. It covers E-bay, our local Craigs List, and how to use Pay Pal. It's a great introduction to internet commerce! **Instructor: Lorrie Dempke**
#13316 T/Th (1/9 – 1/11) 12:30 – 2 p.m. Yesler CC

Digital Photo Management* \$5
Learn how to get the pictures from your digital camera to the computer, how to size and print them, how to save them to a disk or drive, and how to e-mail them to friends. Bring your digital camera and USB cable to class. **Instructor: Lorrie Dempke**
#13688 T/Th (1/23 – 1/25) 12:30 – 2 p.m. Yesler CC

MOVIES AND MEALS

Monday Movies & Lunch* \$4/movie
Lunch and a Movie, Nostalgia and Nouveau, we have it all! Join us as we screen movies on the big screen in the theatre at Langston Hughes! Our light lunch will consist of soup and bread. Please call in your suggestions for movies, and we'll see if we can get them!

1/8: *It's A Mad, Mad, Mad, Mad World*
1/15 MLK Holiday/No movie 2/12: *Miss Evers Boys*
1/22: *Funny Girl* 2/26: *Akeela & the Bee*
1/29: *Take the Lead* 3/5: *Palm Beach Story*
2/5: *Raisin in The Sun* 3/12: *The Producers*
#13454 Mon Noon – 3 p.m. Langston Hughes PAC

ARTS AND CRAFTS

Watercolor* \$60
Develop your old or new passion for painting in this fun, relaxed class. No experience is required, just the desire to paint and learn! Please call for the list of supplies to bring. **Instructor: Jan Morris**
#13336 Mon 10 a.m. – Noon Montlake CC

WORKSHOPS AND SPEAKERS

AARP Drivers Safety \$10/class
This is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers stay safe on today's roads, and in many cases receive a discount on insurance rates. **\$10 fee payable to instructor at first class.**

#13449 Sat (1/20 & 1/27) 10 a.m. – 2:30 p.m. Garfield CC
#13450 Sat (2/17 & 2/24) 10 a.m. – 2:30 p.m. Garfield CC
#13451 Sat (3/24 & 3/31) 10 a.m. – 2:30 p.m. Garfield CC

Identity Theft: Facts and Prevention* Free
Did you know that identity theft is the number one crime in the US? Did you know that more than 30,000 people's identities are stolen every day? Did you know that you are at risk? Learn about this crime, how it happens, how it could happen to you, and how you can protect yourself. **Instructor: Bill Estes, from the Estes Group.**
#13689 Wed, Jan 17 10 – 11 a.m. Garfield CC

Heart Smart Valentine Lunch \$6
Be a heart smart sweetheart! Invite a friend to enjoy this valentine lunch full of tasty treats and holiday fun, and learn about how to keep your heart healthy and happy! We'll have lots of resources available for heart health.
#13317 Wed, Feb 7 11 a.m. – Noon Yesler CC

Advance Directives Workshop \$3
This is a hands-on workshop on advance directives: the living will and the durable power of attorney for health care. Since the Terri Schiavo case, this issue is more important than ever before. An expert from Compassion and Choices of Washington will lead the workshop, and we'll provide a light lunch.
#13694 Wed, Feb 21 12 – 2 p.m. Garfield CC

Fifty Friends

Are you single in Seattle and age 50 or older? Join us in our new singles outings group where we will have a great time meeting (fifty?) new friends!

Pizza Potluck \$4
At this introductory get-together, we'll eat pizza (please bring a salad or dessert to share), play bunco and bingo, and brainstorm ideas for future events.
#13266 Fri, Jan 26 7 – 11 p.m. Miller CC

Third Place Books \$8
Third Place Books is a great place to relax to live music, enjoy several great bakeries and restaurants, play chess, and socialize. We provide transportation from Miller CC.
#13265 Fri, Feb 23 7 – 11 p.m. Miller CC

Rocking Horse Dance Barn \$12
Dance the night away, or just watch and enjoy the music! Take the 7 p.m. dance lesson, then shake a leg! We provide dinner and transportation. Admission is \$12 at the door on your own. We provide transportation from Miller Community Center.
#13264 Fri, Mar 23 6 – 11 p.m. Miller CC

1618 E Calhoun St. / Seattle, WA 98112

Central East and Central West Field Trips

Central East/West Trip

Van Pick-up Times and Locations

East Pick-up Sites:

Miller CC.....330 19th Ave E
Pickup 15 minutes before time listed

Garfield CC.....23 E Cherry St
Pickup at time listed

West Pick-up Sites:

Magnolia CC.....2550 34th Ave W
Pickup 20 minutes before time listed

Queen Anne CC.....1901 1st Ave W
Pickup at time listed

Discover DaVinci

\$7.50

Tour the Leonardo DaVinci: Man/Inventor/Genius exhibit at the Museum of Flight, have lunch on your own at the museum's cafeteria, then explore the history of flight at the regular museum exhibit. \$22 admission fee at Museum includes both the DaVinci and regular Museum exhibits.

#13274 Fri, Jan 5 9:30 a.m. - 3 p.m.

Tour Two Eastside Establishments

\$12

Tour two east side establishments: first learn the history of the Microsoft company at their Visitor Center, then take a candy factory tour at Elegant Gourmet. We'll also stop to eat lunch, for which you're on your own, at a local restaurant.

#13466 Fri, Jan 12 9 a.m. - 4 p.m.

LeMay Museum

\$10

Take a tour of the world's largest privately owned collection of automobiles, motorcycles, trucks, and related memorabilia. Recognized as a national treasure, this exhibit presents virtually every car manufactured in America and many foreign cars. Please bring \$15 for admission to the museum. You're on your own for lunch in Tacoma after the tour.

#13272 Fri, Jan 19 8:30 a.m. - 3 p.m.

Lovely LaConner

\$10

LaConner is a treat any time of year! The quaint shops, the museums, the yummy lunch stops, and the ocean breeze, LaConner has it all! Lunch is on your own at a local restaurant. Enjoy this fun day of exploring!

#13273 Fri, Feb 2 10 a.m. - 5 p.m.

Valentine Theme Trip

\$8

On this Valentine-themed trip, we will explore some locations that feature flowers and candy, including Theo Chocolate in Fremont and lunch (on your own) at a local restaurant.

#13470 Fri, Feb 9 10 a.m. - 4 p.m.

Madison Park Secrets

\$7.50

Discover the best kept secret in Madison Park! We'll visit the Pioneer Museum, which houses a display of early Seattle transportation history, hats, and clothing, then we'll move on to the Fisk Genealogy library. Then lunch on your own in any of the fine Madison Park lunch establishments with time to explore!

#13275 Fri, Feb 16 10 a.m. - 3 p.m.

King 5 Newsroom

\$8

See behind the scenes in the King 5 newsroom as the crew prepares for the noon news broadcast. Lunch (on your own) and other adventures will follow.

#13471 Fri, Feb 23 9 a.m. - 4 p.m.

Triple Town Treat

\$8

Travel east and check out three small towns where history is preserved, and dollar stores abound. Enjoy the day rambling through Monroe, Sultan, and Skykomish. Lunch is on your own at a local restaurant.

#13276 Fri, Mar 2 10 a.m. - 4 p.m.

Port of Seattle

\$8

Tour the Port of Seattle building down on the waterfront. Get an introduction to the Port functions and tour the facilities.

#13472 Fri, Mar 9 9:30 a.m. - 4 p.m.

Day Trippin'*

\$6/hike

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles on varied terrain. Weather permitting, bring lunch for the trail. In rainy weather we will lunch (on your own) at a restaurant close to the hike. Be prepared for wet or muddy trails with appropriate clothing and footwear! We provide transportation. Cost: \$5 per hike, please register ahead of time by calling 233-7255. Van pickup from Miller is at 9:45 a.m., and at Garfield at 10 a.m. We'll return at approximately 3 p.m.

#13259 Tue, Jan 9 Point Defiance

#13262 Tue, Jan 23 Issaquah Creek

#13261 Tue, Feb 6 St. Edwards Park

#13260 Tue, Feb 20 Redmond Watershed Preserve

#13258 Tue, Mar 6 Coal Creek Falls

Red Hat Society

\$5 transportation per event

Join this group of women 50 and older who are looking for fun! We will have a monthly event that all are welcome to attend! Lunch will be "on your own," and we'll provide transportation from Garfield CC for most events. Please register in advance—these events fill up fast!

#13321 Thu, Jan 18 10 a.m. - 4 p.m. Garfield CC

#13322 Thu, Feb 15 10 a.m. - 4 p.m. Garfield CC

#13323 Thu, Mar 8 10 a.m. - 4 p.m. Garfield CC

Important Numbers

Recreation Information

Public Information	684-4075
Compliments/Concerns	684-4837
Ballfield Rainout Hotline	233-0055
Citywide Teen	
Program Advocate	684-7136
Environmental Stewardship	733-9701
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Court Scheduling	684-4082
Picnic Scheduling	684-8021
Teen TREC Program	684-7097
Sports Information	
Amy Yee Tennis Center	684-4764
Citywide Adult Athletics	684-7092
Citywide Youth Athletics	684-7091
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Court Scheduling	684-4082

Special Interests

Aquarium	386-4320
Woodland Park Zoo	684-4800
Green Lake	
Small Craft Center	684-4074
Mt Baker Rowing & Sailing Center	386-1913
Daybreak Star	
Cultural Arts Center	285-4425
Langston Hughes	
Performing Arts Center	684-4757
Camp Long Environmental Learning Center	684-7434
Carkeek Park Environmental Learning Center	684-0877
Discovery Park Environmental Learning Center	386-4236
Seward Park Environmental Learning Center	684-4396
Volunteer Park	
Conservatory	684-4396

Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Discovery Park	386-4236
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Laurelhurst	684-7529
Loyal Heights	684-4052
International District/Chintown	
Community Center	233-0042
Magnolia	386-4235
Magnuson	684-7026
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Northgate	386-4283
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
Sand Point	684-4946
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

Swimming Pools

Ballard	684-4094
Colman (Summer only)	684-7494
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Mounger (Summer only)	684-4708
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440

Special Programs

Senior Adult Programs	
Citywide	684-4951
Southeast	684-7484
Special Populations (Youth/Adult)	684-4950

1618 E Calhoun St. / Seattle, WA 98112

General Information

E- Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information on line.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Rentals

For information about room rentals, please pick up a copy of our facility rental brochure, visit <http://www.ci.seattle.wa.us/parks/reservations/facrentalguide.htm> or talk to one of our staff.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of \$5.00 or 10% of the class fee (whichever is greater).

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Please read the entire policy, #7.16, for specific information.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



Montlake Community Center

*1618 E Calhoun St.
Seattle WA 98112
206-684-4736*

Visit us online at www.seattle.gov/parks

You are cordially invited to the
**Montlake Community Center
Grand Opening**

**January 5, 2007
6:30 - 8:30 p.m.**

*Tour the Renovated Center
Enjoy Food, Entertainment, and Performances.*

Montlake Community Center

1618 E Calhoun St.
Seattle WA 98112
206-684-4736
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